



Titan Sports Performance & Fitness
 4540 Hollister Ave.
 Santa Barbara, CA 93110
 (805) 683-1231
 infor@titansb.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am – 9:00am		FIT Circuit		FIT Circuit		
9:00am – 10:00am		FIT Circuit		FIT Circuit		
10:00am – 11:00am						
11:00am – 12:00pm						
12:00pm – 1:00pm	Intro to Fitness		Intro to Fitness			
1:00pm – 2:00pm	Golden Gears		Golden Gears		Golden Gears	
2:00pm – 3:00pm						
3:00pm – 4:00pm						
4:00pm – 5:00pm						
5:00pm – 6:00pm		*Active Women's Workout		*Active Women's Workout		
6:00pm – 7:00pm						

*Class is not included in the membership. Additional fee required. Please call in advance to reserve your spot and to learn current class prices: (805) 683-1231

Titan Group Exercise Classes

FIT Class

These 60-minute morning classes are a great way to start your day! We begin with an active stretch and dynamic warm-up and quickly move on to balance, agility, and coordination drills. We then incorporate a variety of equipment such as free weights, medicine balls, resistance bands, and stability balls to build total body strength and improve core stability. This class concludes with a 10-minute cool-down and whole-body stretch.

Golden Gears

This instructor-led class is a great mid-day workout for our over-60 crowd. We begin with an active warm-up and move on to balance and coordination exercises. Using free weights or resistance band, we work on a variety of exercises designed to increase range of motion, build strength, and improve core stability to provide support for the skills necessary for your daily activities. The class concludes with a 10-minute cool-down and whole body stretch.

Intro to Fitness

This beginner's class focuses on a variety of exercises to improve balance and functional movement, build strength, and increase flexibility. Appropriate for all fitness levels, this class can help you begin a regular exercise routine or just help you get back to the basics as you practice technique and work to improve your form.

***Active Women's Workout**

This fun class is specifically designed for the Santa Barbara active woman. Each class includes a dynamic, full body warm-up, balance, agility, and cardiovascular drills, as well as a full-body strength training routine utilizing a variety of equipment. This is a great workout with great fitness benefits open to women of all fitness levels and a fun way to unwind from your busy day!